

PARENTING FOR A DIFFERENT WORLD PRESENTS

HAPPINESS HOUR

FREE



ONE FRIDAY EACH MONTH 5:00 - 6:00 PM

FEB 16

MARCH 15

APRIL 26

MAY 17

FREE & FUN MONTHLY WELLNESS EVENTS
JOIN US FOR ONE OR TWO, OR ATTEND ALL

REDUCE STRESS WITH POSITIVE COPING TOOLS,
YOGA POSES, & MEDITATION TECHNIQUES

MIDDLE SCHOOLERS THROUGH ADULTS. BRING YOUR MAT IF YOU HAVE ONE.

[HTTPS://PDWORLD.TICKETLEAP.COM](https://pdworld.ticketleap.com)

YOGA BARN

44 W. EARLEIGH HEIGHTS ROAD SEVERNA PARK

WWW.PDWORLD.ORG

